



Serves: 4

Eggplant Parmigiana With Tomato Coulis

Ingredients

- Local eggplant, sliced 300g
- Canned tomatoes 150g
- Basil 2 tsp
- Olive oil ½ tsp
- Salt ¼ tsp
- Garlic 5g
- Onion 50g
- Mozzarella cheese, sliced finely 40g
- Water for boiling eggplant

Tips:

- Enjoy the edible skins of fruits and vegetables. They provide additional fibre and other nutrients.
- Make your own healthy salad dressing to control the amount of fat, oil or seasoning.
- Cooking carrots and tomatoes helps release their phytochemicals, making them available for the body to absorb.

Method

- Add salt to the eggplant and set aside to drain.
- Wash, wipe and cook the eggplant in boiling water for a few minutes. Set aside to cool, then dry.
- To make tomato coulis, blend the tomatoes, garlic, basil, onion and olive oil. Cook over slow fire until it reduces by ⅔.
- Layer the mozzarella, then the tomato coulis over a slice of eggplant on a plate.
- Continue until you use all the ingredients.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 66kcal
Protein 3.4g
Total fat (g and % of total calories)
3g (38.4%)
Saturated fat 1.4g
Cholesterol 8mg
Carbohydrate, 7.5g
Dietary Fibre 3.1g
Sodium, 258mg